

Healthy Lifestyles *features and benefits*

BENEFIT:

Your steps tracker



Keep your body moving.

When it comes to our health, what we think we’re doing and what we’re actually doing don’t always line up. For example, you can have a busy day at work and feel like you ran yourself ragged. But in reality, you may not have physically moved as much as you thought.

If this sounds familiar, you’re not alone. Marsha, a fellow Healthy Lifestyles member, had a similar experience. So she used her steps tracker to find out how much she was really moving each day. Then she used those step counts for motivation to move more.

“My steps tracker shocked me. I was averaging less than 1,000 steps in any shift. So it was easy to see how and why the pounds had a chance to creep up on me. My steps tracker has really gotten this body moving at a high level once again, and I feel great!”

[Link your Fitbit to Healthy Lifestyles](#) or [set up your exercise or steps tracker](#) like Marsha did and start working toward your fitness goals today.

[Log in to Healthy Lifestyles](#)

Not a Healthy Lifestyles member yet? [Click here](#) for sign up instructions.

Remember, Healthy Lifestyles is available to all State of New Hampshire employees, spouses and their adult dependents. Forward this email to them, too!

Get rewarded!

Earn **500 points** when you track steps, plus one of the following:

- Tobacco
- Food
- Servings
- Exercise

You can track your steps using a pedometer or your smartphone. Or connect your Fitbit and your activity will automatically upload to Healthy Lifestyles. Your tracker even lets you convert any other activity into steps. Track your progress at least 10 times every 90 days to rack up your 500 points.



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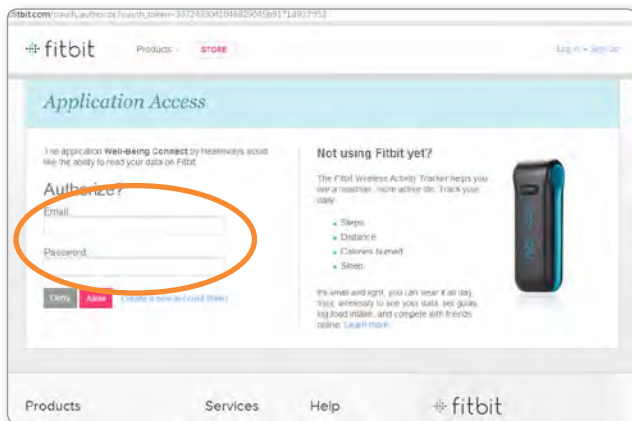
Connecting your fitbit with Healthy Lifestyles:



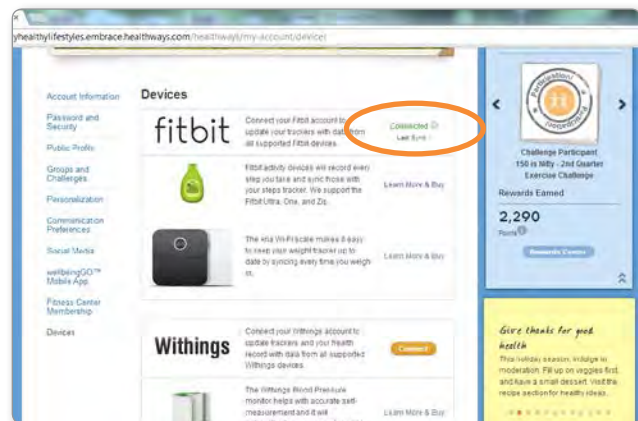
1. Log in to Healthy Lifestyles and select **My Account**.



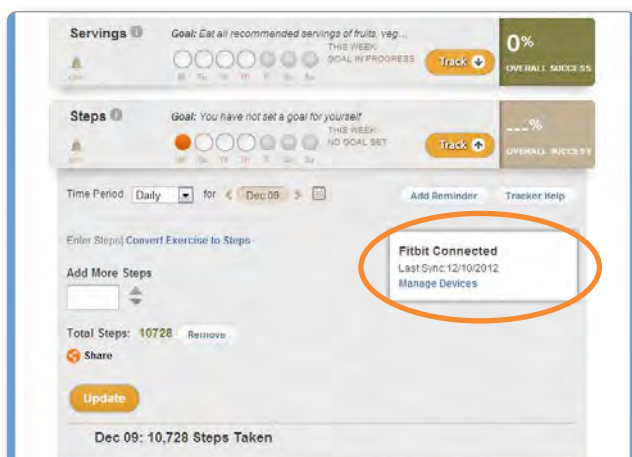
2. Select **Devices**, and then click the orange **Connect** button next to **Fitbit**.



3. Enter your **Fitbit** account Information. This authorizes the information from **Fitbit** to sync with Healthy Lifestyles.



4. Your device is now connected. Each time you sync your **Fitbit** device with your iPhone app, Android app or computer, your steps tracker will be updated.

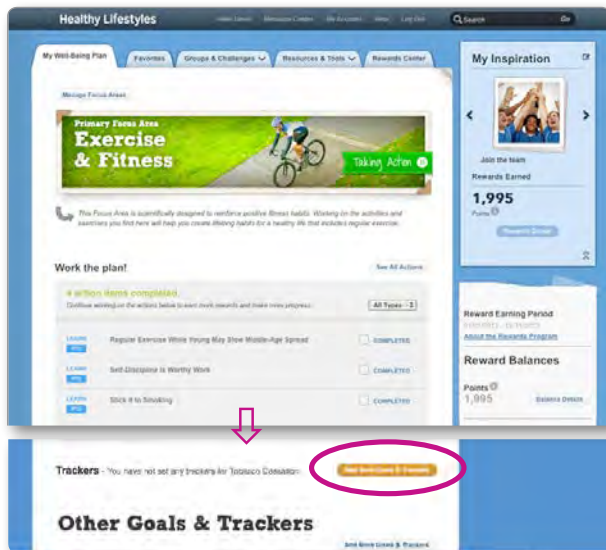


5. Your steps tracker will show that the **Fitbit** is connected and the last date it was synced.

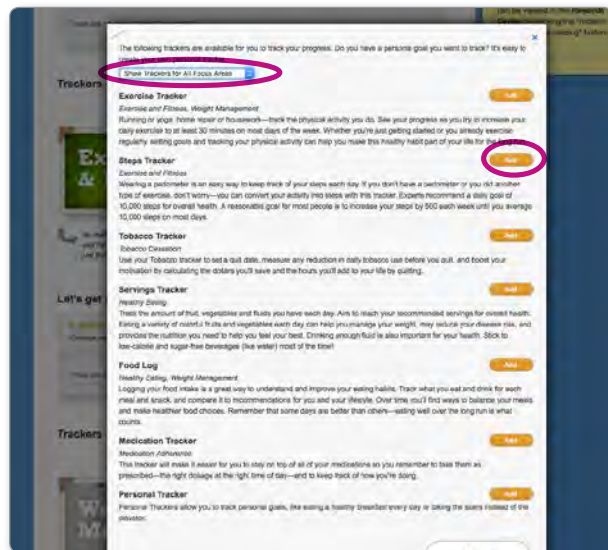
Note: sometimes you may experience a sync delay of 24-72 hours.

If you have questions about connecting your Fitbit with Healthy Lifestyles, please call customer service at 877-252-8410.

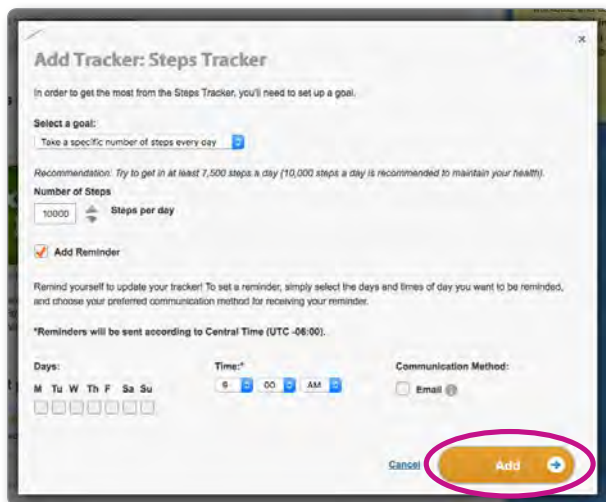
How to add the Steps Tracker:



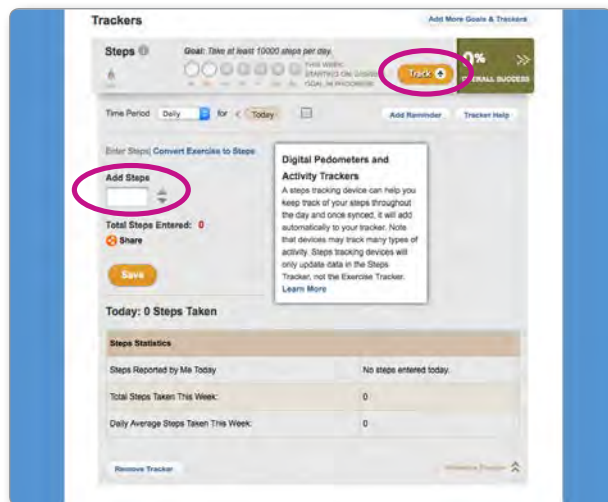
1. From the home page (called My Well-Being Plan), scroll down and select **Add More Goals & Trackers**.



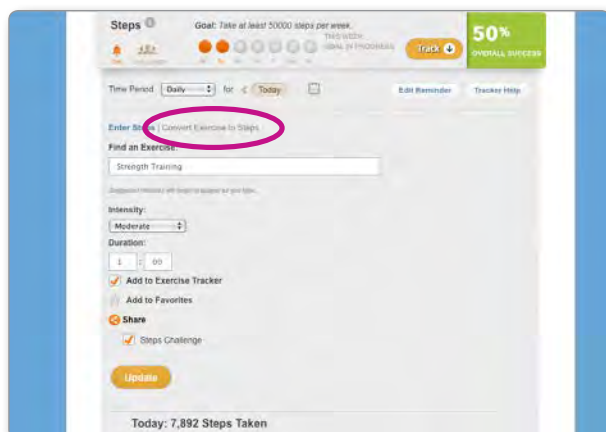
2. Select **Show Trackers for all Focus Areas** from the pull down menu. Then click **Add** to the right of the Steps Tracker.



3. Select a goal, add reminders (optional) and click **Add**.

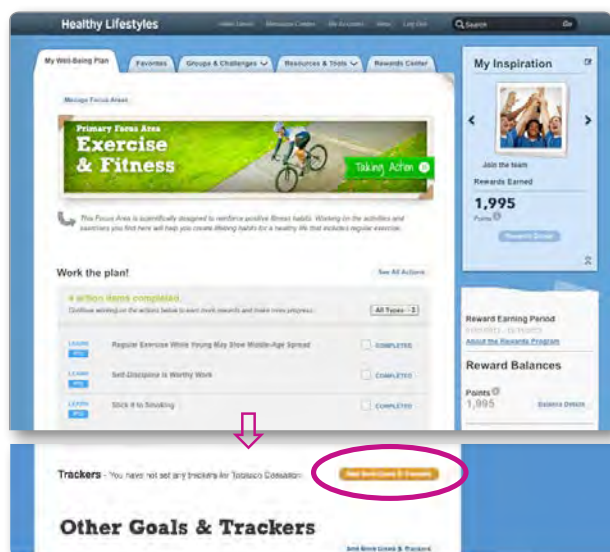


4. Select **Track**. To enter steps from a pedometer, click in the white box under **Add Steps** and enter your steps total. Click **Save**.

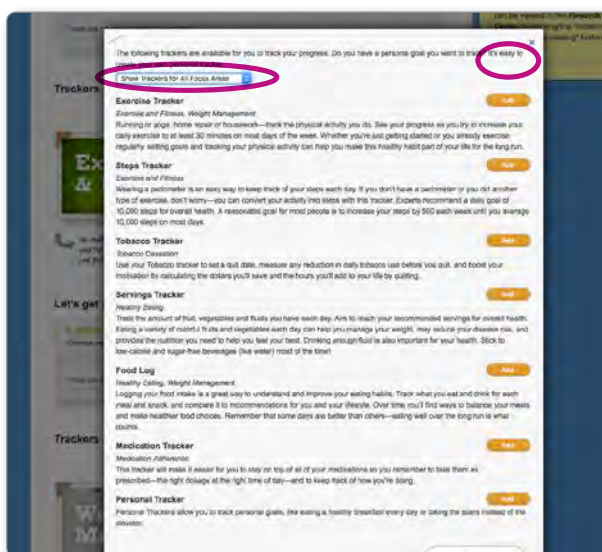


5. To change your activities to steps, click **Convert Exercise to Steps**. Then click in the white box and type the name of the exercise. Select the **Intensity** and enter the **Duration** of the exercise, then click **Update**.

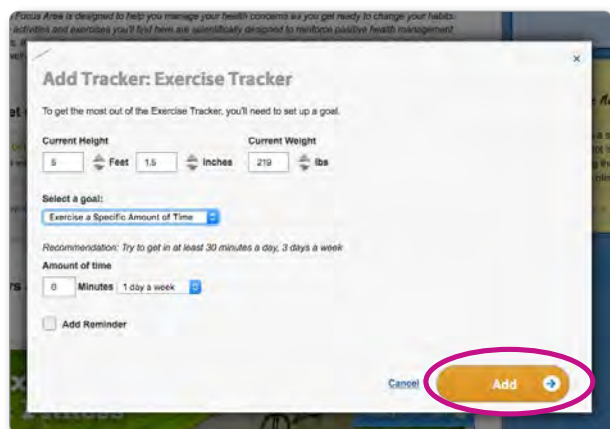
How to add the Exercise Tracker:



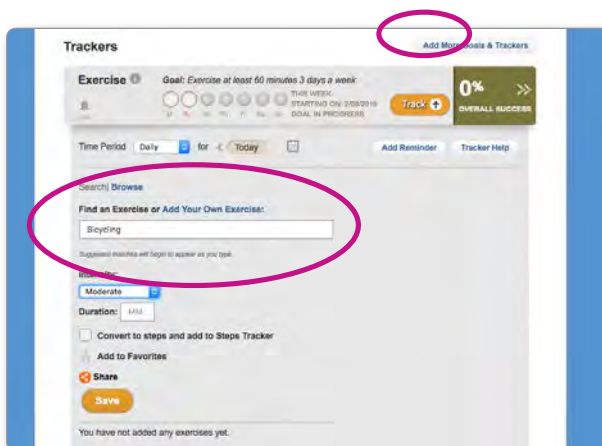
1. From the home page (called My Well-Being Plan), scroll down and select **Add More Goals & Trackers**.



2. Select **Show Trackers for all Focus Areas** from the pull down menu. Then click **Add** to the right of the Exercise Tracker.



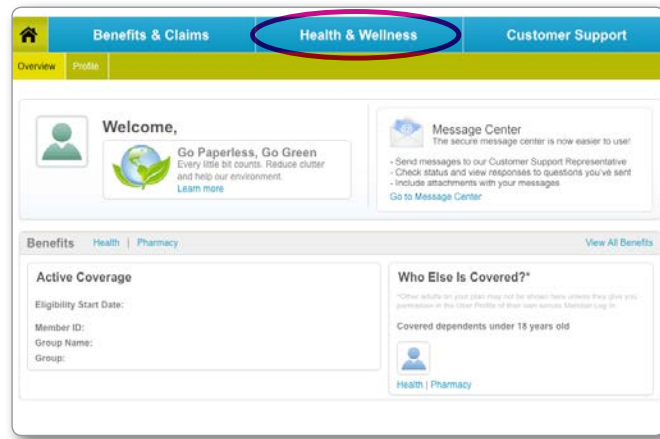
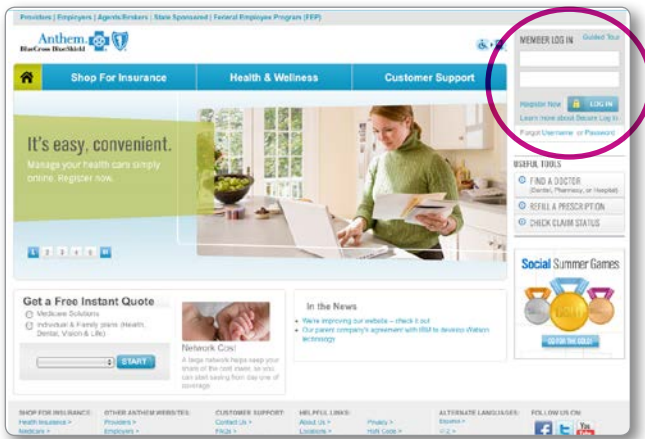
3. Enter your information, select a goal, add reminders (optional) and click **Add**.



4. Select **Track**. Click in the white box and type the name of the exercise. Select the **Intensity** and enter the **Duration** of the exercise. Click **Save**.



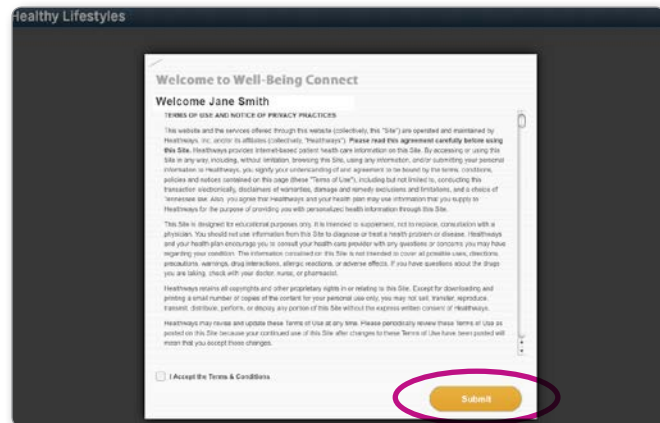
How to sign up for Healthy Lifestyles



1. Go to **anthem.com** and log in using your Anthem username and password.

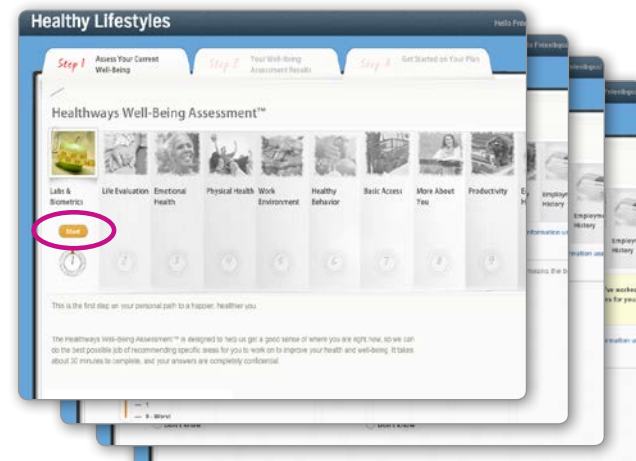
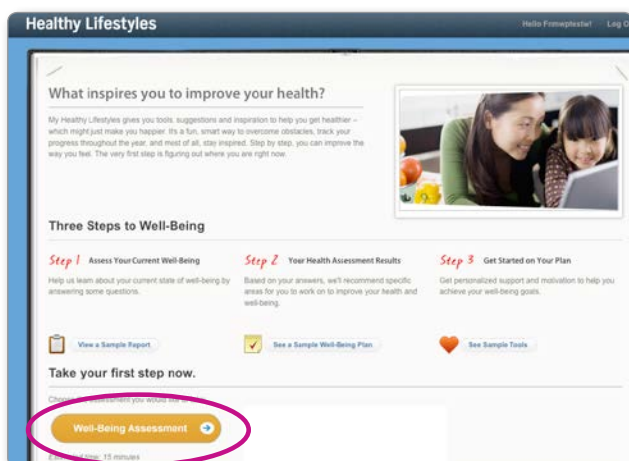
2. Select the **Health & Wellness** tab.

If this is your first visit to anthem.com, select **Register** to complete the registration screens. Once you've registered, log in to get started.



3. To access Healthy Lifestyles, select **Get started >** under the Healthy Lifestyles section.

4. Accept the Healthy Lifestyles terms and conditions and click **Submit**. Congratulations, you're registered!

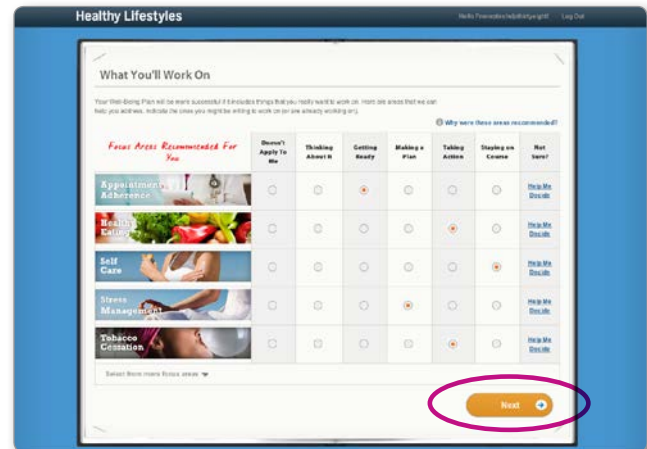


5. Select **Well-Being Assessment** (this is your Health Assessment Tool or HAT) to get a complete picture of your current health and what it will take to improve it.

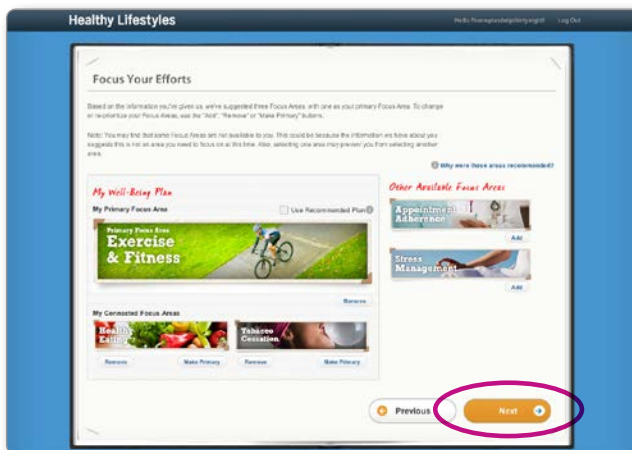
6. Select **Start** and answer the questions on the following screens.



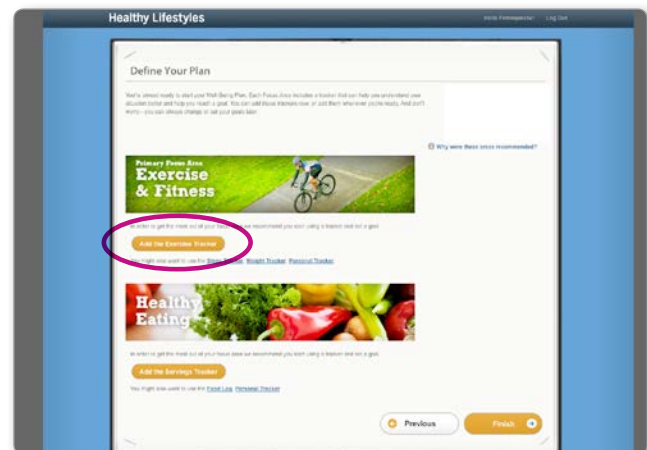
7. Click **View Full Report** or download a PDF or view your results. Congratulations, you have completed your HAT! After you've reviewed your results, select **Create Your Well-Being Plan** to personalize your Healthy Lifestyles program.



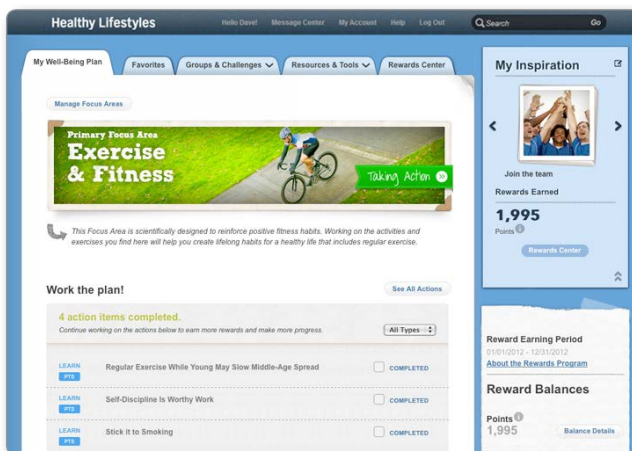
8. Healthy Lifestyles will show you the areas that the program can help you address. Use the radio buttons to indicate your interest in working on each area and click **Next**.



9. Based on the information you've provided, Healthy Lifestyles will recommend a primary focus area and two connected focus areas. Use the recommended focus areas or swap them out with others. Click **Next** to continue.



10. You can choose to add the trackers that support your focus areas here, or you can add them at a later time. After you have chosen your trackers, click **Finish** to complete your Well-Being Plan setup.



11. Congratulations! You are now ready to start using your well-being plan, trackers and all of the online resources and tools that Healthy Lifestyles has to offer.

If you have questions about registration or program details, contact the customer service line listed on the back of your Anthem ID card at 1-800-933-8415 Monday -Thursday 8 AM-8 PM, Friday 8 AM-5 PM or email StateofNH@anthem.com.